

Eat Smart:

Fruit & Vegetable Challenge!

Newsletter Volume 3



Welcome to week three of the Fruits and Vegetables Challenge! Eating fast food doesn't have to be unhealthy. Be creative and you can get fruits and vegetables just about anywhere you eat. Use the following tips to help you eat more delicious, nutritious fruits and vegetables.

Tip of the Week

Fast Food and Restaurant Dining Doesn't Have to Be Unhealthy

Make your pizza a veggie with toppings like mushrooms, peppers and onions and ask for extra veggies.

Skip the french fries and opt for a bag of fresh fruit or a side salad. Be sure to choose light dressings or use a limited amount. Remember that all "extras" like mayo, crispy toppings and special sauces add unhealthy fat and calories so either substitute or skip them.

Get a veggie sandwich or load it up with extra veggies.

Order 100% vegetable or fruit juice (not Hi-C) instead of soda.

Choose fruits for dessert most often.

Try main dishes that include vegetables, such as stir fries, kebobs, or pasta with a tomato sauce.

Scan "side" and "appetizer" selections of the menu for vegetable-rich offerings, preferably ones that center on vegetables prepared in a healthy way – steamed, roasted, or grilled.

Try any soups with vegetables as their main ingredient. Watch for cream-based soups usually called bisques which are more cream (fat) than vegetable.

